



Goal



Maximize--

- **Readiness**
- **Combat Efficiency**
- **Work Performance.**



Objectives



Enhance quality of life for--

- Soldiers.
- Army civilians.
- Family members.
- Retirees.

Encourage lifestyles which protect and improve--

- Physical health.
- Emotional health.
- Spiritual health.



Components

- Antitobacco.
- Physical conditioning.
- Weight control.
- Nutrition.
- Stress Management.



Components (cont)



- Army Substance Abuse Program (ASAP).
- Early identification of hypertension.
- Suicide prevention.
- Spiritual fitness.
- Oral health.



Antitobacco Responsibilities



- Commanders control tobacco products during initial entry training.
- Commanders encourage antitobacco activities.
- Health care providers aggressively support anti-tobacco activities during physical and dental examinations.
- Leaders enforce DA policy regarding smoking in the workplace.



Fitness Responsibilities



Commanders and supervisors will--

- establish and conduct physical fitness programs for soldiers.
- encourage regular exercise by civilian employees.

All AC and RC soldiers will--

- participate in physical fitness training year round.
- complete medical screening on 40th birthday.



Guidance on Nutrition and Weight Control



For information on . . . See AR

- Nutrition 40-25
- Garrison dining facilities 30-1
- Weight control programs 600-9



Stress Management Responsibilities



Health care providers--

- Assist commanders (along with unit ministry teams) with stress prevention effort.
- Implement treatment programs for individuals affected by stress.
- Provide stress detection training.

Community recreation professionals implement leisure activities.



ASAP Objectives



- Increase individual fitness and overall unit readiness.
- Provide services, which are adequate and responsive to the needs of the total force.
- Emphasize alcohol and other drug abuse deterrence, prevention, education, and treatment.
- Implement alcohol and other drug risk reduction and prevention strategies that respond to potential problems before they jeopardize readiness, productivity, and careers.
- Restore to duty those substance-impaired soldiers who have the potential for continued service.



ASAP Objectives, cont



- Provide effective alcohol and other prevention and education at all levels of command, and encourage commanders to provide alcohol and drug-free activities.
- Ensure all military and civilian personnel assigned to ASAP staffs are appropriately trained and experienced to accomplish their mission.
- Achieve maximum productivity and reduce absenteeism and attrition among DA civilian employees by reducing the effects of the abuse of alcohol and other drugs.



ASAP Objectives, cont

- Improve readiness by extending services to the total Army.
- Ensure quality customer service.



Hypertension Identification Responsibilities



Health Care Providers will--

- Provide information to soldiers.
- Develop and implement protocols for referring individuals with significant health risk factors.
- Conduct cardiovascular screening for soldiers 40 and over.
- Provide basic information to commanders, supervisors, or counselors outside the health care setting.
- Develop and implement annual blood pressure measurements for soldiers and selected family members.



Army Suicide Prevention Program



The program will include--

- Suicide prevention education awareness program for both military and civilian leaders.
- Assistance following the suicide of a soldier or Army civilian.
- Assistance to families who have experienced a family member suicide.



Spiritual Fitness Responsibilities



Commanders and leaders will--

- Develop awareness of diversity.
- Develop soldier and family support activities.
- Provide for self-development activities.

All soldiers and Army civilians live by--

- Professional Army ethics.
- Individual values that support and sustain the Army way of life.



Oral Health Promotion



- Require minimum level of dental health for active duty soldiers.
- Provide dental insurance information for family members.
- Evaluate community oral health through HRA questionnaire.
- Integrate hypertension screening and tobacco counseling into dental exams.



Army Fit to Win Program



When fully implemented, such an activity should allow commanders to--

- Actively market all aspects of the installation program.
- Conduct community needs assessments in health promotion areas.
- Provide a program of education and consultation to meet identified needs.



Army Fit to Win Program, cont



- Sustain program participation.
- Support Army-wide collection for program education.
- DA Pam 600-63 (1-13) details operations and education.



Physical Examination Responsibilities



- Health care providers will conduct physical examinations and a health risk appraisal IAW the procedures of AR 40-501.
- Screen all soldiers age 40 and over for cardiovascular risk as well as other limiting factors as part of their periodic physical examinations and IAW AR 40-501.



Health Risk Appraisal Responsibilities



Health care providers will--

- Inform individuals of their health risk appraisal profile.
- Use the approved health risk appraisal (survey) to screen for health risk factors.
- Administer a risk appraisal for all enlistees upon entry into the Army.
- Include a risk assessment in periodic physical examinations.



Family Fitness Program



This program supports--

- Readiness.
- Leadership.
- Quality of life.
- Sustainment.
- Personnel functions.



Fitness and Recreation Facilities



Commanders--

- May use appropriated funds to provide facilities for soldiers and DA civilians.
- Should encourage DA civilians to make maximum use of facilities.
- Establish priorities between soldiers, Army civilians, and family members for the use of physical fitness facilities, consistent with resource availability, mission and training requirements.



Commanders' Responsibilities



Commanders at all levels will--

- Remain sensitive and responsive.
- Encourage healthy lifestyles.
- Implement “The Fit to Win” program.
- Initiate proactive measures against suicide.
- Deglamorize tobacco products.
- Emphasize dental exams and treatment.
- Explain dental care availability.



Unit HPP Essential Elements



- Health education.
- Lifestyle assessment.
- Counseling programs to include risk factors.
- Programs to promote healthy lifestyles.
- Programs to foster suicide prevention and spiritual fitness.
- Guidelines to implement and assess a unit HPP.